

New research finds the 5 causes of the abdominal bulge and the quickest, easiest ways to flatten it like a board.

Excess fat is NOT the biggest cause.

By John Whitehead
(Canton, OH) New research has finally uncovered why the lower abdomen bulges out and how to correct this stubborn problem.

There are a multitude of reasons that the lower abdomen bows out and why it is so difficult to flatten. Many of the reasons have nothing to do with excess fat.

But, now the lower abdomen can be flattened using little-known, new advanced methods developed from this new research by certified personal trainer Frank Campitelli. These methods are quick and easy to do right in your home.

Campitelli's methods have proven effective for people with all levels of fitness and health, from celebrities to the over forty crowd.

Kym Hall is an over forty mother of two who lost all hope of getting back into shape... until she met Frank Campitelli.

After five abdominal surgeries and two cesarean births, doctors told Kym she would never have a flat abdomen again. When Kym hit the age of forty, she felt very flabby and over weight. Her abdomen protruded and her buttocks and arms were sagging and untuned.

After working with Frank for just a short while, Kym got results she never thought possible. Kym says, "I look better in my forties than I did in my twenties, thanks to Frank's

"I look better in my forties than I did in my twenties thanks to Frank's methods!"

KYM HALL
satisfied Campitelli client

methods!"

Most people try to flatten their lower abdomen with sit-ups. This is absolutely the wrong way. Also, you do not need to starve yourself or become anorexic because that won't flatten the lower abdomen either.

Campitelli says, "Few people know how to properly exercise the abdominal and waist muscles, especially the lower abdomen. Also, in everyday modern living activity, the abdominal and waist muscles are not used extensively. This is one of the reasons the abdomen sags. But, it is not the biggest reason."

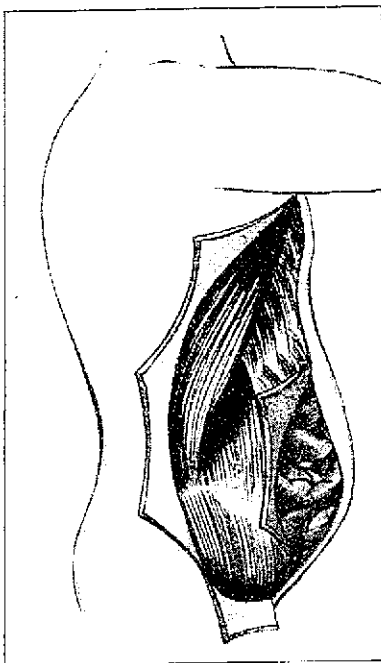
Campitelli goes on,

"One of the biggest reasons the lower abdomen bows out is due to poor posture caused by weakened muscles in other areas that are also very difficult to exercise.

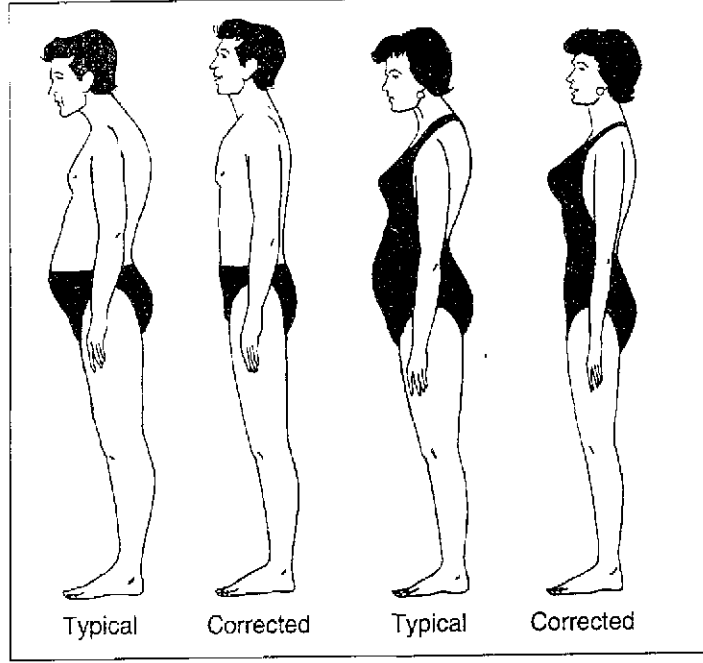
For women it is also caused by childbearing, but not completely by the fact that the pregnancy caused lower abdominal areas to stretch. During pregnancy, a woman's lower back is pulled in, which tilts the pelvis in a forward position, causing the buttocks to stick out and up and the lower abdomen to protrude. But after pregnancy, through habit and for other reasons, it does not return to a normal position. This can be corrected.

The lower abdomen also bulges out because the lower abdominal muscle walls are thinner than the upper abdomen and the intestines bow out the thin walls. It takes a very precise exercise to thicken the lower abdominal muscle wall to hold in the intestines. The lower abdomen also bows out due to incorrect breathing, which also can be corrected."

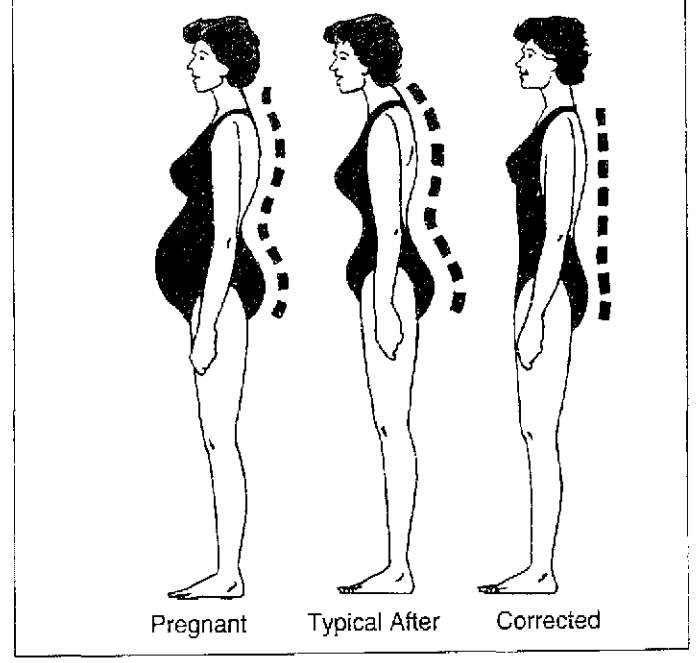
Campitelli then revealed that, in order to flatten the lower



One of the causes of lower abdominal bulge is the fact that the lower abdominal wall is much thinner than the upper abdominal wall. This causes the intestines to push out the lower abdominal area much like a bubble in the weak area of a tire. This problem can be solved with the Campitelli Advanced Method.



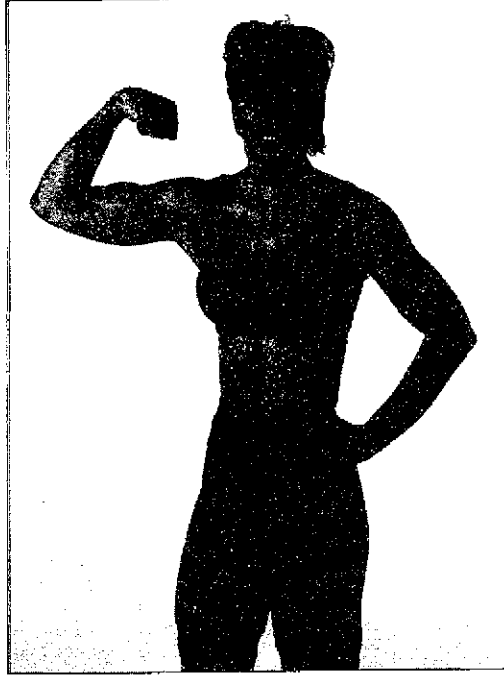
Another cause of lower abdominal bulge is actually weak muscles in other areas of the body which cause bad posture and misalignment of body parts. Excess fat is also one of the causes of lower abdominal bulge, but more so for men than for women. The main fat storage area for men is the abdomen, but the main fat storage area for women is the hips and thighs. Typical male and female profiles are to the left and the corrected profiles using the Campitelli Advanced Method are to the right.



Childbearing is yet another cause of lower abdominal bulge, but not so much from stretched skin as most people believe. The biggest cause is the fact that during pregnancy, the pelvic bone is tilted to the rear and the buttocks also extend in that direction. But after pregnancy, in most cases the pelvic area does not shift back to its normal position, which causes the buttocks to remain overextended to the rear and the lower abdomen to be overextended in front. This can be corrected with the Campitelli Advanced Method.



Kym Hall relaxes on the beach before she began the Campitelli advanced method. Kym says this photo is deceptive because it makes her look much better than she did at the time. Kym said she was 21 lbs. over weight and felt that her butt had dropped so far it was dragging on the ground.



Kym Hall proudly flexes for the camera. Using the Campitelli advanced method, she quickly went from 35% body fat to 14%. Kym lost 21lbs., 2 inches off her hips and thighs and 3 inches off her waist size.



Campitelli with one of his prize clients, Nancy Suarez, who is a grandmother in her fifties (with 5 grandchildren). Nancy is living proof that you can have a flat abdomen and a great body even though you are over 50 and have had children.

abdominal area, there are a number of things that have to be done that are very specific and require expert advice.

Much of it actually requires doing little-known exercises to other parts of the body to flatten the lower abdominal area.

If you do have excess fat, you must also get rid of that to finish the job. But, again, most people go about this in all of the wrong ways.

Campitelli states, "They go on low-calorie diets, they go on starvation diets, they go on liquid diets, they go on high-protein diets, and so

on. These will either not work at all or only work on a temporary basis.

But the good news is this. There is also a new advanced way to reduce fat in the abdominal and waist areas as well as all over the body that is not only virtually painless but many people feel it is quite pleasurable. These advanced methods have been proven to speed up your fat burning rate 200% - 300%.

And, here's the best part. The food you eat using this advanced method will actually taste better than the food you now eat, and you will actually be able to eat up to 400%

more food each day."

A flat abdomen and slim waist are the biggest keys to a good figure. If you have these, your entire body looks beautiful and most sex appealing.

Campitelli has put all of this advanced knowledge, which will provide you with all of these little-known secrets to a slim waist and abdomen, into his new book titled The Campitelli Advanced Method for a Flat Abdomen and Thin Waist. This new book is fully illustrated, very easy to read and contains all of the methods you need to reduce your waist and flatten your abdominal area, especially the difficult lower abdominal area.

It also contains many scientific

These advanced methods have been proven to speed up your fat burning rate 200%-300%.

FRANK CAMPITELLI
personal trainer,
nutritionist

studies and information from over 30 reference books, some written by medical doctors. And Chapters 7 through 13 show how you can eat more food, speed up fat burning, stay healthier and lose weight.

The Campitelli system is also quick, easy and inexpensive to do.

You don't need to buy any equipment or any other special items. It all can be done right in your home in 20 minutes, 3 times per week while you are watching television. And everything you need for the advanced method that will speed up fat reduction by 200% to 300% is right at your local supermarket. And, as mentioned, with this method you'll actually be eating up to 400% more food and better-tasting food.

Today, with the Special Reader's Coupon below, you can get this book for only \$20.

Your book will be shipped to you promptly.

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To order the book titled The Campitelli Advanced Method for a Flat Abdomen and Thin Waist for only \$20:

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Men over 40 can also have a flat abdomen. Pictured here with Campitelli is Tom Bucheit, 43, doing a special broom handle exercise to help flatten the abdomen.